

A Month to Month Look at Your Baby's Development

[Speaker name]
[Presentation date]

Development of your baby

You will learn according to the month of pregnancy:

- **Major internal and external organ systems developing in your baby**
- **Functional characteristics: Things your baby does**
- **Cognitive development: Things your baby responds to**
- **Readiness for birth and risk if born at this time**
- **TIPS for coping with the changes of pregnancy**

Month 1



- **Gestational age:** **Conce**
days
- **Conception:** The sperm from the male joins the egg from the female and forms a single cell—either male or female
- **Implantation:** Fertilized egg passes down Fallopian tube into uterus and implants about Day 6
- **Baby is called an embryo**
- **Embryo doubles in size every day**

Month 1 (continued)

- **Placenta and umbilical cord develop to provide nourishment and take away wastes**
- **Bone and nerves of spinal column develop**
- **Internal organs begin to develop**
- **Heart begins beating on Day 25**
- **About ½ inch long and weighs less than 1 ounce**

Month 2

- **Gestational age: 31 through 60 days**
- **Critical time in baby's development with risks from drugs, viruses, and environmental factors**
- **Very rapid development of all major body systems and organs:**
 - **brain**
 - **lungs**
 - **liver**
 - **stomach**
 - **eyelids**
 - **inner ear**
 - **ankles**
 - **wrists**
 - **sex organs**



Month 2 (continued)

- **Baby now called a fetus**
- **Baby is about 1 inch long and weighs less than 1 ounce**
- **Mom may experience mood swings**

Month 3

- **Gestational age: 61 days**
- **May have begun moving hands, legs, head and opening and closing its mouth**
- **Still too small for mother to feel movement**
- **Fingers and toes well developed**
- **Arms are longer than legs**



Month 3 (continued)

- **Head is large compared to the body**
- **Hair, tooth buds, and vocal cords have developed**
- **Heart has four chambers and beats at 120 to 160 beats per minute**
- **Baby is about 4 inches long and weighs just over 1 ounce**

Month 4

- **Gestational age: 91 through 120 days**
- **Skin pink and partly transparent**
- **Eyebrows and eyelashes form**
ears begin to
- **Head is approximately**
of baby's entire size



Month 4 (continued)

- **Baby moves, kicks, has times of sleep and awake, swallows and passes urine**
- **Mom may feel movement in her lower abdomen (quickenings) which feels like bubbles or fluttering**
- **Record the date when this first occurs and tell your healthcare provider at your next visit**
- **Baby is 8 to 10 inches long and weighs about 6 ounces**

Month 5

- **Gestational age: 150 days**
- **Rapid growth and development**
- **Internal organs are maturing**
- **Fingernails grow to the tips of fingers**
- **Fat stored beneath baby's skin**



Month 5 (continued)

- **Baby is growing muscle and gets stronger daily**
- **Milk teeth begin forming under gums**
- **Body hair begins to grow**
- **Regular sleep and awake times, very active turning from side to side and head over heels**
- **Baby is 10 to 12 inches long and weighs about 1 pound**

Month 6

- **Gestational age: 151 through 180 days**
- **Skin is covered with fine, soft hair and a pasty protective covering**
- **Meconium stool is developing**
- **Brown fat to keep baby warm at birth is under the skin**
- **Bones are becoming**



Month 6 (continued)

- **Baby is nearly fully formed and looks like a miniature person**
- **Lungs are not well developed and baby is very small**
- **Baby cannot survive outside the uterus without highly specialized care**
- **Baby is 11 to 14 inches long and weighs about 1.5 pounds**

Month 7

- **Gestational age: 28 weeks**
- **Eyes open and close, light changes**
- **Can hear outside sounds over the mother's heartbeat**
- **Kicks legs, flails arms, and stretches**
- **Makes grasping motions**



Month 7 (continued)

- **Sucks thumb**
- **Still growing fast inside uterus**
- **Poor chance of survival outside of uterus**
- **Baby is about 15 inches long and weighs 2 to 2.5 pounds**

Month 8

- **Gestational age: 211 through 240 days**
- **Continued rapid physical growth**
- **Bones stronger, brain is more active, limbs fatter**
and brain is more active in regions that control
- **Brain and nerves functions**



Month 8 (continued)

- **Baby can now:**
 - **Hiccup**
 - **Cry**
 - **Taste sweet and sour**
 - **Respond to pain, light, and sound**
- **Good chance of survival if born now**
- **Baby is about 17 inches long and weighs 4 pounds**

Month 9

- **Gestational age: 270 days**
- **Baby gains about week**
- **More fat and less wrinkled skin**
- **Baby gets positioned for birth**
- **Drops lower in the mother's abdomen (lightening)**



Month 9 (continued)

- **More rolling side to side, kicking and punching lower in the pelvic area**
- **Bones of the head are soft and flexible for easier passage through birth canal**
- **Lungs are mature**
- **Excellent chance of survival if born before due date**
- **About 20 inches long and weighs 6 to 9 pounds**

Development of your baby

Being pregnant is a wonderful, scary, hopeful, uncertain, beautiful, painful, joyful, difficult, too slow but too fast time of preparation and waiting for that special little someone to be born into the world.



Questions?

Acknowledgements

Brad Taft

Health Promotion Outcomes Researcher

Directorate of Health Promotion & Wellness

US Army Center for Health Promotion & Preventive Medicine

Community Health Nursing

Fort Carson, CO

Brandy Stoffel

Madigan Army Medical Center

Fort Lewis, WA

Linda M. Brenegan

Archdiocese of Baltimore

Respect Life Committee